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November 22, 2024

# Resilience Resource Review

## Durham Resources and Happenings

Do you have an announcement about a new resource, program, or event? This is the spot to share it!

## [La Mesita December Webinar: Addressing Trauma and Loss Among Latine Families](#), December 13th 12:00pm

Anti-immigration rhetoric ideology and nativism have permeated all corners of political and media discourse in the United States, making the socio-political climate the most hostile towards immigrant communities in modern history. The impact of displacement and the fear and effects of deportation are multifaceted, multi-generational, and detrimental to the health, well-being, and socio-economic stability of immigrant communities regardless of immigration status. The ripple effect of immigration policies and enforcement on young children in Latin American immigrant families is an urgent challenge for the organizations and providers serving these communities. This presentation will raise awareness about interlocking systems of oppression affecting both immigrant families and their service providers. It will provide an overview of how young children's well-being is affected by the trauma of family separation, whether threatened or actual, as a result of detention and deportation. It will explore the relationship between providers' identities and work-related stress, including Secondary Traumatic Stress (STS). The presenters will introduce diversity-informed protective strategies to prevent and mitigate the primary and secondary effects of the work, including diversity-informed reflective practice, Radical Healing approaches, and organizational accountability. Participants will also learn about the "Family Preparedness Plan," a developmentally- trauma- and diversity-informed tool, to support and empower immigrant families facing separation concerns.

### **Nurturing Children's Mental Health: A Role for Everyone**

One of the goals of CCFH's [READY \(Responsive Early Access for Durham's Young Children\) Project](#) has been to raise public awareness related to early childhood development and mental health. With that goal in mind, READY Project has just released a one minute video emphasizing simple and proven ways everyone can play a role in nurturing children's wellbeing.



## New Family Connects Durham Postcards Available

Postcards are now available in English and Spanish. Please contact Derek Uejo (derek.uejo@duke.edu) for PDF versions.

**Visitas domiciliarias gratuitas de enfermería para cada recién nacido de Durham**

**Estamos aquí para apoyarte a ti, a tu recién nacido y a tu familia.**



El apoyo para **el bebé** puede incluir un control de peso, información sobre cómo dormir de manera segura, etc.

El apoyo para **la mamá** puede incluir un control de la presión arterial, apoyo para la lactancia y una evaluación de depresión/ansiedad postparto.

El apoyo a **la familia** puede incluir referencias a recursos, una discusión sobre el desarrollo infantil y opciones de cuidado infantil.

**FAMILY CONNECTS DURHAM** **CENTER FOR CHILD & FAMILY HEALTH**

**Free Nurse Home Visits for every Durham newborn**

**We are here to support you, your newborn, and your family**



Support for **baby** can include a weight check, safe sleep information, etc.

Support for **birth parent** can include a blood pressure check, breastfeeding support, and a postpartum depression/anxiety screening.

Support for **family** can include referrals to resources, a discussion of infant development, and childcare options.

**FAMILY CONNECTS DURHAM** **CENTER FOR CHILD & FAMILY HEALTH**

## SOUTHERN REGIONAL AHEC

PART OF NC AHEC



Public Health



### SAVE THE DATE Trauma-Informed Healthcare Conference

February 19th (half-day) - 20th (full-day)

Location: Durham Technical Community College

Register here: [www.southernregionalahec.org/courses-and-events/73413](http://www.southernregionalahec.org/courses-and-events/73413)

## ACEs and Resilience Research and News

This section contains research—academic, community, and organization—about topics related to ACEs and resilience. Did you recently release a report or publish an article or read something that informed your practice? Share it here!

### Recommendations: Statewide Support Infrastructure for a Trauma-Informed and Resilient NC

In 2023, leaders at the Division of Child and Family Well-being (DCFV) and the HopeStar Foundation created a forum for partners currently engaged in trauma-informed, resiliency-building efforts around the state to begin examining what is working well in this space in the state of North Carolina and what barriers are preventing all children from benefiting from these programs in communities. Their report and recommendations can be accessed [here](#).

### [Adverse Childhood Experiences \(ACEs\) in North Carolina, 2016-22](#), MDC

The University of North Carolina at Chapel Hill and MDC collaborated to release the most recent data on the accumulation and type of ACEs on Adverse Childhood Experiences (ACES) in North Carolina and the South between 2016 and 2022. Read the reports [here](#).

## Webinars, Conferences, and Trainings



## [The Impacts of Diaper Insecurity and Period Product Insecurity:](#)

[Producing Evidence for the Future](#), December 3rd at 3:00pm

Nearly half of families struggle to afford diapers, and 40 percent of menstruators with young children struggle to afford period products. It is critical to examine the health, social, and economic impacts of diaper need and period poverty and connections to other policies supporting maternal, child, and women's health; financial security and economic opportunity programs; and the reach of basic needs banks. This year, the Urban Institute and the National Diaper Bank Network (NDBN) began a five-year research collaboration to plan and execute a research agenda that leverages existing data and explores these intersections, producing evidence that will inform policies and efforts that address access to essential needs.

During this hybrid event, Urban and the NDBN will share more about this new collaboration and highlight recent policies and research around diaper insecurity and period product insecurity. There will also be a moderated panel of experts that will explore the importance of examining the impacts of basic material needs on health and financial well-being and implications for social and economic policies and programs.

[Core Components and Skills for Trauma Informed Practice](#), The National Initiative for Trauma Education and Workforce Development, online, self-paced  
This course promotes the understanding and use of 12 common evidence and trauma-informed practice elements, such as trauma assessment, safety planning, and behavioral interventions, for use in the treatment of children, youth, and families exposed to trauma. The practice elements are introduced through three case vignettes developed by nationally-recognized trauma experts and are filmed with therapists and clients varying by age, race, ethnicity, and gender. Case discussions are facilitated by Drs. Virginia Strand and Sarah E. (Betsy) Bledsoe.

[Advanced Training in Trauma Practice through a Racial Equity Lens](#), The National Initiative for Trauma Education and Workforce Development, online, self-paced

This training is a sequel to the online course referenced below. Each 4-hour session provides a facilitated, synchronous learning experience for practicing clinicians interested in applying the common trauma informed practice elements using a racial equity lens. Each session is worth 4 CEs, and all three sessions provide a total of 12 CEs for social workers, psychologists or licensed mental health counselors.

## Advanced Training in Trauma Practice Through a Racial Equity Lens: Three Part Series

This training is a sequel to the online course referenced below. Each 4-hour session provides a facilitated, synchronous learning experience for practicing clinicians interested in applying the common trauma informed practice elements using a racial equity lens. Each session is worth 4 CE's, and all three sessions provide a total of 12 CE's for social workers, psychologists or licensed mental health counselors.

### The Case of Emma Grace



1. Identify three specific ways in which a young child's biological, emotional, social, and cognitive development may be affected by a traumatic experience.
2. Appreciate two impacts of client and therapist positionality on the therapeutic alliance.
3. Identify and appropriately apply trauma assessment, psychoeducation, safety planning, and family interventions with young children and caregivers.
4. Incorporate an understanding of how oppression and discrimination affect children and families in relationship to trauma.

### The Case of Jamal



1. Identify at least three secondary adversities characteristic of trauma exposure in childhood
2. Identify how a triggering experience can impact a school-age child who has experienced trauma
3. Identify two cultural factors and processes which can influence children's and families' experiences of trauma
4. Understand and apply the practice elements of relaxation, affect regulation, non-verbal interventions, and homework with at least one client

### The Case of Diego



1. Identify and describe at least three domains of impairment exhibited by adolescents who have experienced trauma
2. Identify at least one technique for addressing cognitive distortions and apply the cognitive regulation/restructuring intervention element
3. Identify how underlying goals/values that are important to adolescents can be used to influence beneficial choices and apply one behavioral regulation intervention practice element
4. Identify at least three components of trauma processing and apply with one client

### Meet your trainers:



Dana Marlowe, PhD, LCSW



Laura Quiros, PhD, LMSW



Myra Garcia, LCSW



Karen VanDeusen, PsyD, MSW

### PRE-REQUISITE:

Online Course: Core Components and Skills for Trauma Informed Practice

<https://dhs.uncc.edu/trauma-informed-practice>



## CORE COMPONENTS AND SKILLS FOR TRAUMA INFORMED PRACTICE

### Do you want to work with children and families affected by trauma?

This course promotes the understanding and use of 12 common evidence and trauma-informed practice elements, such as trauma assessment, safety planning, and behavioral interventions, for use in the treatment of children, youth, and families exposed to trauma. The practice elements are introduced through three case-vignettes developed by nationally-recognized trauma experts and are filmed with therapists and clients varying by age, race, ethnicity, and gender. Case discussions are facilitated by Drs. Virginia Strand and Sarah E. (Betsy) Bledsoe.

FREE, REVISED VIRTUAL TRAINING!  
4.5 CE CREDITS FROM ASWB, APA, NBCC  
SELF-PACED/ASYNCHRONOUS  
ONLINE



### PLEASE REGISTER AT:

<https://dhs.uncc.edu/trauma-informed-practice>

[s/course/view.php?id=989](https://dhs.uncc.edu/trauma-informed-practice/course/view.php?id=989)



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